



## **Johnson City School System Trend Report CSH Overview Summary**

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Johnson City School System

### **CSH Infrastructure Established**

An infrastructure for CSH has been developed for the Johnson City School System that includes:

- School Health Advisory Committee
- Ten Healthy School Teams
- School Health Policies strengthened or approved
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$100,552.75.

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ Johnson City Parks and Recreation-Robin DiMona                             | ➤ Washington County UT Extension Office-Vicky Reeves                             |
| ➤ Johnson City Chamber of Commerce-Karen Hubbs                               | ➤ Heroes' mgt.team-Police, Juvenile Court, Frontier Health, Johnson City Schools |
| ➤ Northeast TN Regional Health Office  | ➤ Mountain State Foundation-Theo Wright  |
| ➤ Earth Fare Market-Kate Van Huss  | ➤ Mountain State Health Alliance-Health Resource Center                          |
| ➤ Washington County Health Council   | ➤ PTA Council-system wide  |
| ➤ Northeast Tennessee Eating Disorders Coalition-Awareness Week in February  | ➤ Turkey Trot Steering Committee   |
| ➤ Washington County Health Department-Christen Minnick and Heatherly Sifford | ➤ Up and At 'Em taskforce-City Wellness  |
| ➤ East Tennessee Regional Health Department-Shaun Street and Paula Masters   | ➤ Gotrybe.com-Robert Baggett   |
| ➤ Johnson City Police Department-Weed and Seed Program                       | ➤ East Tennessee State University  |
|  | ➤ Milligan College, nursing department   |
|  | ➤ UNC healthcare-Sheren Kirkpatrick  |
|  | ➤ Niswonger Children's Hospital  |
|  | ➤ Rita's Ice-student incentives  |
|  | ➤ SADD Make It Better and CSH youth Leadership Team-Science Hill High School     |
|  | ➤ Panera Bread   |
|  | ➤ ROTC-East Tennessee State University   |

- American Cancer Society
- American Red Cross-provided nurses for health assessment at ITMS
- Chris Teague-Fun Expedition
- Hands On Museum
- Foot RX
- Wallaby's

### **Parent and Student Involvement Developed**

Parents are involved in numerous CSH activities. These activities include Itty Bitty Bite Half Marathon Fun Run, Turkey Trot, Science Day at Towne Acres, field days at Woodland, Cherokee, Southside, and Fairmont Elementary Schools, Winter Festival at North Side Elementary Schools, health screenings at Indian Trail Middle School, and Taste Of Mt. View. Currently 420 parents are collaborating with CSH.

Students have been engaged in CSH activities including the Weed and Seed Program monthly meetings, Family Day at Earth Fare, working with kids making crafts out of fruits, For The Love of Cooking, club meetings at North Side with emphasis on physical activity, Fall Festival, Spring Fling at Science Hill High School Alternative School, Eating Disorder Week, Food Tasting Event-LEAPS, Child Health Week Various Programs, NS and Mt. View food sampling, and the Itty Bitty Bite Half Marathon Fun Run. Approximately 60 students are partnering with CSH to address school health issues.

### **School Health Interventions**

Since CSH has been active in the Johnson City School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 8334 were screened, with 1007 referred;

Students have been seen by a school nurse and returned to class - 36,037 were seen with 24,032 returning to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. BMI combination of at risk and overweight is 36.5% with BMI improvements in three schools;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include a climbing wall, physical education equipment, lap tops for CSH to help with BMI screening and data, walking trails, traveling units, Brain Gym and Take 10! curriculum, SPARK curriculum for every elementary school, professional development has been provided to school health staff, Michigan Model curriculum, Summer Wellness Institute, TAHERD workshops, and the annual CSH Institute;

School faculty and staff have received support for their own well-being through Fit For Thirty, Health Assessments for all Johnson City Employees, and staff point system for preventive care.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Mindful Eating, Eating Disorder Week, Food City Presentation, Heart Month Activities, calorie content and calorie expenditure in high school math, Take 10!, Healthy Living and Safety Standards, and the Too Good for Drugs curriculum;
- Physical Education/Physical Activity Interventions include Boys on Bikes, Girls on the Run, play equipment for before and after school programs, health screenings with assistance by physical education teachers, Itty Bitty Bite Half Marathon Fun Run, Turkey Trot, PTA Walk-A-Thons, Cherokee Walking Programs, North Side and Cherokee partnering with American Cancer Society for mini Relay for Life, and Jump Rope for Heart;
- Nutrition Interventions include wellness message to all staff, food bids, recipe development, Super Bowl Trivia Game, full meal vending machines, Serve Safe training, Read Across America/National School Breakfast Week, TCAP testing snacks, and end of TCAP testing celebration;
- Mental Health/Behavioral Health Interventions include Safe Schools Healthy Students grant, 7 therapeutic counselors, 8 child development specialists, 1 early childhood specialist, 1 community officer, 1 career counselor, 1 social worker, 1 student support teacher, 17 school counselors, Red Ribbon Week, and Michigan Model curriculum.

In such a short time, CSH in the Johnson City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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